

A woman with blonde hair tied back, wearing a black leotard, is shown in profile from the waist down, performing a lunge stretch. She is on a light-colored floor, with a white wall and a doorway in the background. The image is framed by a thin white border.

THE

HIP & KNEE

**STRETCH &
EXERCISE**

PATIENT HANDBOOK

THE HIP & KNEE STRETCH & EXERCISE PATIENT HANDBOOK

The exercises in this booklet are to be performed with appropriate instruction and monitoring from a qualified health professional. This guidebook is meant to help in performing home exercises but is not meant to replace the necessary instruction needed to ensure these exercises are being performed properly. Some of these exercises may not be appropriate depending on your specific hip or knee condition. If pain or discomfort should arise from performing any of these exercises, discontinue and consult a health care professional.

The home exercise program that has been recommended for you is a very important part of your care. Proper application of home exercises can make a considerable difference in restoring and maintaining the health of your hip and knee. Make sure you find the time to perform the exercises that have been provided for you.

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Perform the stretches that have been marked with a check

STRETCHES

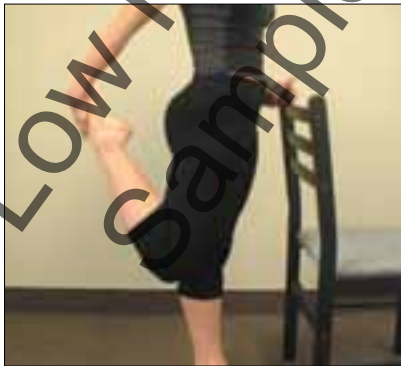
- Quadriceps
- Hamstrings
- Standing Lunge
- Kneeling Lunge
- Adductor
- Seated Adductor
- ITB
- Glut
- Calf

Stretching should be done with slow and smooth motions.
Stretching should not be painful.

It is recommended that you warm up your muscles with light exercise before beginning your stretches.

QUADRICEPS STRETCH

Stabilize yourself by placing one arm against the wall or on the back of a chair. Use your other arm to hold the back of your ankle. Gently pull your ankle upward until you feel a light stretch in the front of your thigh. Use your stomach muscles to keep your back straight and your pelvis neutral. Hold for 15 sec. then relax. Repeat with your other leg. X/day _____ Reps _____

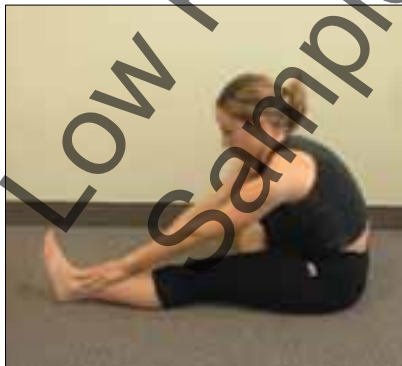


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

HAMSTRINGS STRETCH

Sitting on the floor, stretch out one leg in front of you. Straighten your leg so that the knee is not bent. Slowly bring your chest down towards your knee until you feel a light stretch in the back of your leg. Hold for 15 sec. then relax. Repeat with your other leg.

X/day _____ Reps _____

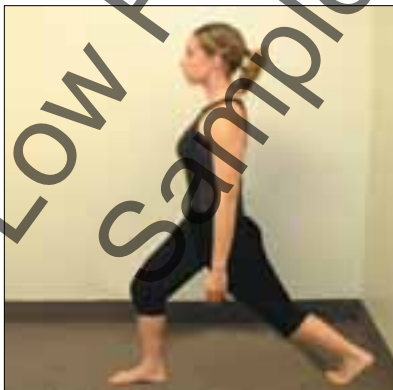


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STANDING LUNGE STRETCH

While keeping your back and pelvis in a neutral position, step forward with your right leg. Gently rock your right leg forward until you feel a light stretch down the front of your left leg. Use your stomach muscles to keep your back straight and your pelvis neutral. Hold for 15 sec. then relax. Repeat with your other leg.

X/day _____ Reps _____



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KNEELING LUNGE STRETCH

Start in a kneeling position on a soft surface. Step your right leg forward while using your core muscles to keep your pelvis and low back in a neutral position. Gently rock forward until you feel a light stretch down the front of your left leg. Hold for 15 sec. then relax. Repeat with your other leg.

X/day _____ Reps _____

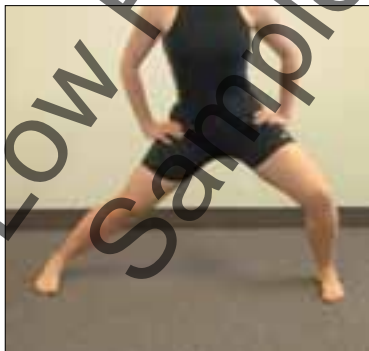


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ADDUCTOR STRETCH

Stand with your legs far apart. Slowly bend one knee and gently lean towards the bent leg until you feel a stretch along the inside thigh of the unbent leg. Hold for 15 sec. then relax. Repeat with the opposite leg.

X/day _____ Reps _____



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SEATED ADDUCTOR STRETCH

Sit on the floor with your knees bent and feet together. Bring your knees towards the floor as you gently lean forward, keeping your back straight. You should feel the stretch along the inside of your thighs. Hold for 15 sec. then relax.

X/day _____ Reps _____



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ITB STRETCH

To stretch your right leg, stand 3 ft. away from a wall with your right leg closer to the wall. Cross your left leg in front of your right. Allow your left leg to bend as you lean into the wall, keeping your right leg straight. You should feel a light stretch down the outside of the right thigh. Hold for 15 sec. then relax. Repeat with the other leg.

X/day _____ Reps _____

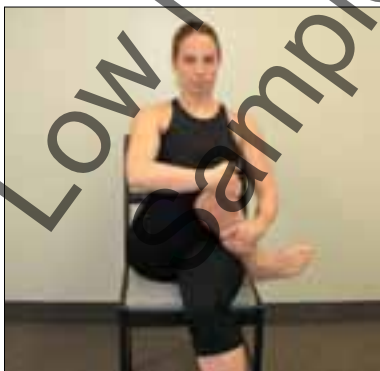


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GLUT STRETCH

Sit on a chair and cross your right leg over your left knee. With your back straight, hug your right knee and gently pull it towards your chest. You should feel a stretch in your right buttock. Hold for 15 sec. and then relax.

X/day _____ Reps _____

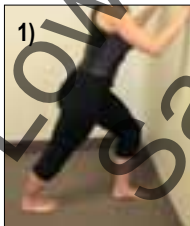


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CALF STRETCH

Stand facing a wall with one foot in front of the other and both feet pointing forward. Keeping both heels on the ground and your back leg straight, lean forward until you feel a light stretch in the calf of your back leg. Hold for 15 sec then relax (position 1). Continue by bending the back leg and lightly stretching the leg further (position 2).

X/day _____ Reps _____



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Perform the strengthening exercises that have been marked by a check

Strengthening Exercises

- Squats
- Lunges
- Abduction Raises
- Adduction Raises
- Calf Raises
- Crunches

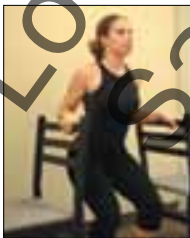
 **SQUATS**

1. Stand with your back straight, your feet shoulder width apart, and your toes pointing forward. Keeping your back straight and abdominals tight, bend into a slight squat. Keep your knees over your toes and let your buttocks shift back. Hold for 3 sec. and then slowly straighten. If this is too difficult at first, use chairs to assist with your form.

X/day _____ Reps _____

2. An alternative is to squat against a wall and hold this position for 5 - 60 sec.

X/day _____ Reps _____



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LUNGES

Standing tall with your back straight, take a step forward and bend your front leg into a squat position. Your back should be straight and the knee of your front leg should be directly over the front foot. Hold for 3 seconds, stand up and repeat with the other leg.

X/day _____ Reps _____



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ABDUCTION RAISES

Lie down on your side. Keeping your upper leg straight, slowly raise it to a 30 degree angle. Hold it there for 3 sec. and then slowly bring it down.

X/day _____ Reps _____



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ADDUCTION RAISES

1. Lie down on your side. Keeping your lower leg straight, slowly raise it to a 30 degree angle. Hold for 3 seconds and then slowly lower it.

X/day _____ Reps _____

2. An alternative is to place a pillow between your knees and contract by pushing your knees together. Hold for 3 sec. and then relax.

X/day _____ Reps _____



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CALF RAISES

Stand with your feet shoulder width apart. Slowly rise onto your toes and hold. Slowly lower your feet back to the ground. To increase difficulty, perform the exercise one leg at a time.

X/day _____ Reps _____



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CRUNCHES

Lie on your back with your knees bent and your hands held lightly behind your head. Slowly bring your shoulders straight up off the floor as you tighten your stomach muscles. Your head should rest gently on your hands and should not be pulled forward. Hold for 3 sec. then relax. X/day _____ Reps _____



To strengthen your abdominal oblique muscles, add a slow twist after you bring your shoulders off the floor. Hold for 3 sec. then relax. Repeat twisting the other way. X/day _____ Reps _____



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